



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*"There will come a time when your loved one will be gone, and you will find comfort in the fact that you were their caregiver." Karen Coetzer*

## Caregiver Tip: Life After Caregiving

Caregivers spend many hours planning and providing care for their loved ones. They often put aside their own needs, including losing contact with friends and forgoing social activities. When the time comes for a loved one to rest, many caregivers don't know what to do and how to move on with their lives. AARP talked with former caregivers about difficulties after the death of a loved one.

Below are tips that may help you manage life after caregiving:

- Don't isolate yourself. Find at least one thing you love to do.
- It is common to experience a range of emotions such as anger, guilt, relief and shame. Rely on a confidant to share these emotions.
- It may be more difficult as time goes on. Reality has set in and now you have to create a new routine.

For more information on managing life after caregiving read, [What Happens When Caregiving Ends by Family Caregiving AARP](#).

## Resources:

[AARP Caregiver Workshops - Discussing Grief and Juggling Act of the Modern Caregiver:](#)

Free workshops on Saturday June 8, 11 a.m. Register at [aarp.cvent.com/Caregivers0608](http://aarp.cvent.com/Caregivers0608) or call 877.926.8300.

[Senior Law Day](#): Learn how to protect yourself from scams, Saturday, June 22, 8:30 a.m., 3330 King Street Alexandria. For more information call 703.836.4414, extension 110 or visit [www.seniorservicesalex.org](http://www.seniorservicesalex.org).

[Elder Law Resource Directory](#): Aging Life Care has published an updated resource directory of Elder Law Attorney's. Visit [www.alcamidatlanticguide.com](http://www.alcamidatlanticguide.com) for a free copy.

### Caregiver Support Group

**Wednesday,**

**June 5, 2019**

**4-5:30 p.m. at the**

**Alexandria Adult Day  
Services Center**

For questions, comments or to remove your name from our mailing list, please email [DAAS@alexandriava.gov](mailto:DAAS@alexandriava.gov) or call 703.746.5999.



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